



**Meeting the Child and Adult Care Food Program (CACFP)  
Meal Patterns for Children**


**Module 5:  
Fruits Component**



Connecticut State Department of Education  
Bureau of Health/Nutrition, Family Services and Adult Education

Connecticut State Department of Education • October 2021

1



**Bite Size Training Modules**





- Module 1 Introduction to Bite Size and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component
- ➔ **Module 5 Fruits Component**
- Module 6 Vegetables Component
- Module 7 Part A: Grains Component – Crediting  
Part B: Grains Component – Whole Grain-rich  
Part C: Grains Component – Ounce Equivalents
- Module 8 Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources/BiteSize>

Connecticut State Department of Education • October 2021

2

**Key Points About Fruits**


-  **Breakfast:** Fruits and vegetables are one component
-  Credit based on volume (cups), except for dried fruits
-  **Juice limit:** Juice credits at only one meal or snack per day
-  Use Food Buying Guide for Child Nutrition Program (FBG) to determine crediting information

Connecticut State Department of Education • October 2021

3

**Reduce Choking Risk**

- Consider age and developmental readiness
  - Whole grapes
  - Berries
  - Melon balls
  - Apples and other hard pieces of raw fruit
  - Dried fruits



<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents/ChokingPrevention>

Connecticut State Department of Education • October 2021

4

**Reduce Choking Risk**

- Use preparation techniques to reduce choking risk
  - Remove seeds, pits, and tough skins or peels
  - Cook until soft
  - Finely chop into thin slices, strips, or small pieces ( $\leq \frac{1}{2}$  inch), or grate, mash, or puree

<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents/ChokingPrevention>

Connecticut State Department of Education • October 2021

5

**Required Servings for Fruits Component**

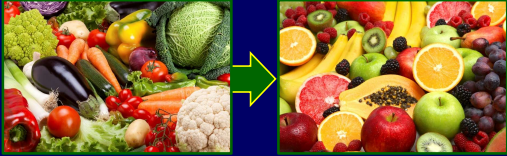

Meal Patterns for Children	Minimum serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 <sup>3</sup>
Breakfast <sup>1</sup>	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Lunch/supper <sup>2</sup>	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup
Snack	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup

<sup>1</sup> Vegetables, fruits, or both  
<sup>2</sup> Vegetables may substitute for fruits component at any lunch/supper  
<sup>3</sup> During COVID, emergency shelters include participants through age 24

Connecticut State Department of Education • October 2021

6

### Vegetables Substitutions at Lunch/Supper

Connecticut State Department of Education • October 2021

7

### Vegetables Substitutions at Lunch/Supper: Example for Ages 3-5

Component	Menu Planning Options	
	1 vegetable and 1 fruit	2 different vegetables
MMA	1½ ounces turkey	1½ ounces turkey
Vegetables	¼ cup corn	¼ cup corn
Fruits	¼ cup blueberries	¼ cup diced carrots
Grains	1 ounce whole-wheat roll	1 ounce whole-wheat roll
Milk	¼ cup unflavored low-fat milk	¼ cup unflavored low-fat milk

Connecticut State Department of Education • October 2021

8

### Requirements for Vegetable Substitutions



1. Must be at least the *same serving size* as the fruit it replaces
2. Must be 2 *different* vegetables



Connecticut State Department of Education • October 2021

9

### Summary of Options for Fruits and Vegetables at Lunch/Supper

1. Offer 1 *serving of fruit* and 1 *serving of vegetable* 
2. Offer 2 servings of *different* vegetables 


Cannot offer only 2 servings of fruit

Connecticut State Department of Education • October 2021

10

### Allowable Fruits

- Fresh
- Frozen
- Canned in juice, water, or syrup
- Dried
- Pasteurized 100 percent fruit juice




Connecticut State Department of Education • October 2021

11

### Use the Food Buying Guide (FBG)

- Determines yield and crediting information for fresh, frozen, canned, and dried fruits
- Ensures correct crediting



<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Connecticut State Department of Education • October 2021

12

### Use the Food Buying Guide (FBG)





<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Connecticut State Department of Education • October 2021

13

### Serving Size for Fruits Component


- Serving based on **volume (cups)**
- Minimum creditable amount =  **$\frac{1}{2}$  cup**
- May offer **combination** of various fruits to meet minimum requirement




Connecticut State Department of Education • October 2021

14


### Examples of $\frac{1}{2}$ -cup fruit servings



$\frac{1}{4}$  cup +  $\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{1}{8}$  cup +  $\frac{1}{8}$  cup +  $\frac{1}{4}$  cup

Connecticut State Department of Education • October 2021

15

### Crediting Requirements for Fruits

- Juice
- Canned fruits
- Dried fruits
- Whole fresh fruits
- Coconut
- Pureed fruits
- Fruit and vegetable smoothies




Connecticut State Department of Education • October 2021

16

### Crediting Fruit Juice

- Must be pasteurized **100% full-strength juice** without added sugars
  - Juice
  - Full-strength juice
  - 100 percent juice
  - Reconstituted juice
  - Juice from concentrate
- Concentrates must be **reconstituted** to 100 percent full-strength juice




Connecticut State Department of Education • October 2021

17

### Crediting Fruit Juice

- Does not credit when used as an **ingredient** in foods or beverages
  - Exception: 100 percent juice in smoothies




Connecticut State Department of Education • October 2021

18

### Juice Limit



- Credits as vegetables or fruits component at only *one meal or snack* per day
- Includes
  - 100 percent juice
  - Frozen 100 percent juice pops
  - Pureed fruits and vegetables in smoothies
  - Juice from canned fruit



Connecticut State Department of Education • October 2021

19

### Examples of Juice Limit



Lunch/supper Meal Pattern	Fruits Component	Vegetables Component
1 serving of <i>fruits component</i> 1 serving of <i>vegetables component</i>	Strawberry smoothie 	Tomato juice 

Reimbursable meal? No

Connecticut State Department of Education • October 2021

20

### Examples of Juice Limit



Snack Meal Pattern	Fruits Component	Vegetables Component
Any 2 components	Grape juice 	Veggie smoothie 

Reimbursable snack? No

Connecticut State Department of Education • October 2021

21

### Examples of Juice Limit

Snack Meal Pattern	Fruits Component	Vegetables Component
Any 2 components	Strawberry smoothie 	Carrot sticks 


Reimbursable snack? Yes

Connecticut State Department of Education • October 2021

22

### Crediting Fruit and Vegetable Juice Blends

First ingredient	Credits as
<ul style="list-style-type: none"> <li>• Fruit juice</li> <li>• Fruit puree</li> </ul>	Fruits component
<ul style="list-style-type: none"> <li>• Vegetable juice</li> <li>• Vegetable puree</li> </ul>	Vegetables component



Connecticut State Department of Education • October 2021

23

### Example of 100% Juice Blend

Ingredients: *Reconstituted vegetable juice blend (water and concentrated juices of sweet potatoes, purple carrots, carrots)*, reconstituted fruit juices (water and concentrated juices of apples, white grapes, cranberries, blackberries), contains less than 2% of: natural flavoring, citric acid, lemon juice concentrate, vitamin C (ascorbic acid), malic acid, vitamin E (alpha tocopherol acetate)

Credits as vegetables component


Connecticut State Department of Education • October 2021

24

## USDA CACFP Best Practices

Serve a variety of fruits and choose whole fruits (fresh, canned, frozen, and dried) more often than juice

Make at least 1 of the 2 required components of a snack a vegetable or fruit



[https://fms-prod.azureedge.net/sites/default/files/cacfp/CACFP\\_factBP.pdf](https://fms-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf)


Connecticut State Department of Education • October 2021

25

## CSDE Resource

### Crediting Juice in the CACFP

- Crediting requirements and considerations
- Juice limit
- Resources




<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditJuiceCACFP.pdf>

Connecticut State Department of Education • October 2021

26

## Crediting Canned Fruits

- Choose canned fruits in juice, water, or light syrup
- May credit the **100 percent juice** in which canned fruit is packed, but not water or syrup
- Juice in canned fruit counts toward **juice limit** when it credits as fruits component




Connecticut State Department of Education • October 2021

27

## Juice in Canned Fruits

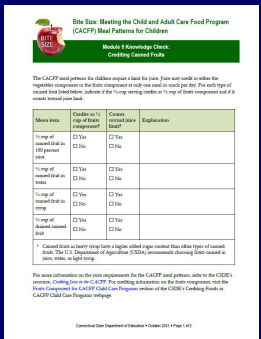
- Canned fruit does **not** count toward juice limit when
  - the juice is planned as an **extra food**
  - the canned fruit is **drained**
  - the canned fruit is in **light syrup or water**



Connecticut State Department of Education • October 2021

28

## Knowledge Check: Crediting Canned Fruits



[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite\\_Size\\_Knowledge\\_Check\\_Module\\_5\\_Canned\\_Fruits.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Knowledge_Check_Module_5_Canned_Fruits.pdf)

Connecticut State Department of Education • October 2021

29

## Knowledge Check: Crediting Canned Fruits


Menu item	Credits as ½ cup of fruits component?	Counts toward juice limit?
½ cup of canned fruit in 100 percent juice	Yes	Yes
½ cup of canned fruit in water	No	No
½ cup of canned fruit in syrup	No	No
½ cup of drained canned fruit	Yes	No

Connecticut State Department of Education • October 2021

30

### Crediting Dried Fruits

- Raisins
- Dried apricots
- Dried cherries
- Dried cranberries
- Dried blueberries
- Mixed dried fruit



- Credit as **twice** the volume served

Serving size	Meal pattern contribution
1/8 cup	1/4 cup
1/4 cup	1/2 cup

- Does not apply to amounts less than 1/8 cup (2 tablespoons)

Connecticut State Department of Education • October 2021

31

### Noncreditable Dried Fruits

- Dried coconut
- Dried banana chips




Connecticut State Department of Education • October 2021

32

### Crediting Whole Fresh Fruits

- Meal pattern contribution varies depending on **type and size** (count pack)
  - Count pack = number of pieces per case
  - Smaller count = larger fruit
- Depending on size, one piece of fresh fruit (whole or cut-up) might not provide the **full serving** of fruit
- Use FBG to determine crediting information



Connecticut State Department of Education • October 2021

33

### Using the Food Buying Guide: Oranges

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>ORANGES</b>					
Oranges, fresh, All sizes, Whole, Includes USDA Foods	Pound	3.50	1/4 cup fruit sections, membrane removed, drained	28.60	1 lb AP = 0.40 lb ready-to-serve oranges
Oranges, fresh, 138 count, Arizona or California, Whole	Pound	3.60	1/4 cup fruit juice	27.80	1 lb AP = 0.48 lb (7/8 cup) juice
Oranges, fresh, 138 count, Florida or Texas, Whole	Pound	3.40	1 orange (about 1/2 cup fruit and liquid)	29.50	Credits as 1/2 cup
Oranges, fresh, 125 count, Florida or Texas, Whole	Pound	6.80	1/4 cup fruit and liquid (about 1/2 peeled orange)	14.80	
Oranges, fresh, 125 count, Florida or Texas, Whole	Pound	2.90	1 orange (about 5/8 cup fruit and liquid)	34.50	Credits as 1/2 cup
Oranges, fresh, 136 count, Florida or Texas, Whole	Pound	7.02	1/4 cup fruit and liquid (about 1/2 peeled orange)	14.30	1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled oranges
Oranges, fresh, 113 count, Arizona or California, Whole	Pound	2.80	1 orange (about 5/8 cup fruit and liquid)	35.80	Credits as 1/2 cup
Oranges, fresh, 113 count, Arizona or California, Whole	Pound	5.80	1/4 cup fruit and liquid (about 1/2 peeled orange)	17.90	

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Connecticut State Department of Education • October 2021

34

### Example of Crediting Whole Fruit: Breakfast

Breakfast Meal Pattern	Ages 3-5	Ages 6-12	Ages 13-18
Vegetables, fruits or both	1/2 cup	1/2 cup	1/2 cup

Fruit (one piece)	Meal pattern contribution	Additional amount for 1/2 cup
Apricot, medium (1 1/2-inch diameter)	1/4 cup	1/4 cup
Clementine, whole, peeled	1/4 cup	1/4 cup
Kiwi, 33-39 count	1/4 cup	1/4 cup
Plum, Japanese or hybrid, size 60 and 65	1/4 cup	1/4 cup
Tangerine, 120 count	1/4 cup	1/4 cup

Connecticut State Department of Education • October 2021

35

### Example of Crediting Whole Fruit: Snack

Snack Meal Pattern	Ages 6-12	Ages 13-18
Fruits component	1/4 cup	1/4 cup

Fruit (one piece)	Meal pattern contribution	Additional amount for 1/4 cup
Banana, 100-120 count, regular	1/4 cup	1/4 cup
Peach, size 80	1/4 cup	1/4 cup
Orange, Arizona or California, 138 count	1/4 cup	1/4 cup
Orange, Florida or Texas, 125 count	1/4 cup	1/4 cup

Connecticut State Department of Education • October 2021

36



### Crediting Coconut

Creditable	Not Creditable
<ul style="list-style-type: none"> <li>■ Fresh and frozen coconut credit based on <b>volume</b> (cups) served</li> <li>■ Coconut water labeled as 100 percent juice               <ul style="list-style-type: none"> <li>• Counts toward juice limit)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ Dried coconut</li> <li>■ Coconut flour</li> <li>■ Coconut oil</li> </ul>

USDA Memo SP 22-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs: <https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>  
Connecticut State Department of Education • October 2021

37

### Crediting Pureed Fruits

Creditable	Not Creditable
<ul style="list-style-type: none"> <li>■ <b>Recognizable</b> pureed foods (pureed foods made from one fruit), e.g., applesauce</li> <li>■ Combination food with <b>at least ½ cup</b> of a recognizable pureed fruit, e.g., yogurt parfait</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Unrecognizable</b> pureed foods, e.g., applesauce or prune puree in muffins</li> </ul>

Connecticut State Department of Education • October 2021

38

### Crediting Fruit/Vegetable Smoothies

- Pureed fruits and vegetables credit only as **juice**
  - Based on pureed volume (cups)
  - Count toward juice limit
- Must have **documentation**
  - Recipe
  - Product formulation statement (PFS)

Connecticut State Department of Education • October 2021

39

### Crediting Fruit/Vegetable Smoothies

- USDA recommends limiting smoothies to **one** CACFP meal or snack per day

Connecticut State Department of Education • October 2021

40

### Crediting Fruit/Vegetable Smoothies

- **Best practice:** Inform children about smoothie meal components in a way that is suitable for the age group served

**Breakfast Menu**

Whole-grain cereal

Strawberry and yogurt smoothie

Unflavored low-fat milk

Connecticut State Department of Education • October 2021

41

### CSDE Resource

#### Crediting Smoothies in the CACFP

- Requirements and crediting documentation
- Resources

**Crediting Smoothies in the Child and Adult Care Food Program**

This guidance document is intended to provide information to Child Nutrition Program (CNP) staff regarding the crediting of smoothies in the CACFP. It is based on the USDA's guidance regarding the crediting of smoothies in the CACFP. The document provides information on the requirements for crediting smoothies in the CACFP, including the need for a recipe and a product formulation statement (PFS). It also provides information on the resources available for CNPs, including the USDA's guidance regarding the crediting of smoothies in the CACFP.

**Required Crediting Documentation**

To be eligible for crediting, a smoothie must be made from whole fruits and vegetables, and must be served to children and adults in the program. The document provides information on the requirements for crediting smoothies in the CACFP, including the need for a recipe and a product formulation statement (PFS). It also provides information on the resources available for CNPs, including the USDA's guidance regarding the crediting of smoothies in the CACFP.

Connecticut State Department of Education • October 2021

42

### Examples of Noncreditable Fruits \*

- Banana chips
- Dried coconut
- Fruit snacks, e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, and yogurt-covered fruit snacks
- Home-canned products (for food safety reasons)
- Jams, jellies, and preserves
- Juice drinks that are not 100 percent juice, e.g., grape juice drink, orange juice drink, cranberry juice cocktail, and lemonade

\* This list is not all-inclusive

Connecticut State Department of Education • October 2021

43

## More Resources



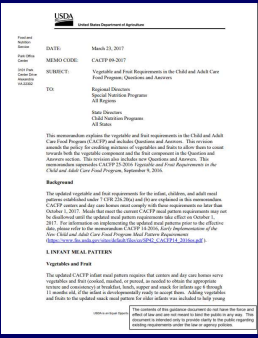
Connecticut State Department of Education • October 2021

44

### USDA Resource

#### CACFP 09-2017: Vegetable and Fruit Requirements in CACFP: Q&As

- Guidance
- Questions and answers



<https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-qas>


Connecticut State Department of Education • October 2021

45

### CSDE Webpage

#### Crediting Foods in CACFP Child Care Programs

- Fruits Component for CACFP Child Care Programs



<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Fruits>

Connecticut State Department of Education • October 2021

46

## Thank you for participating in Bite Size!



<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

Connecticut State Department of Education • October 2021

47

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-3339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [How to File a Complaint](https://www.usda.gov/officeofcivilrights/how-to-file-a-complaint), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- fax: (202) 680-7442; or
- email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

Connecticut State Department of Education • October 2021

48



The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, [levy.gillespie@ct.gov](mailto:levy.gillespie@ct.gov).

Connecticut State Department of Education • October 2021